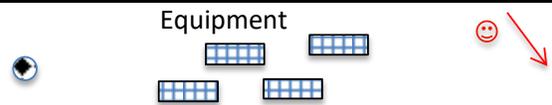
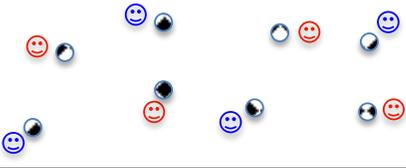
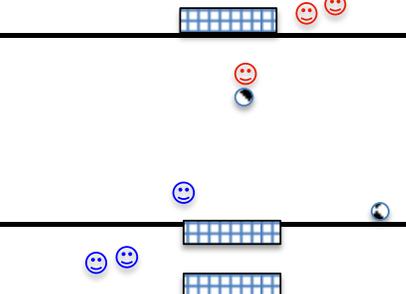
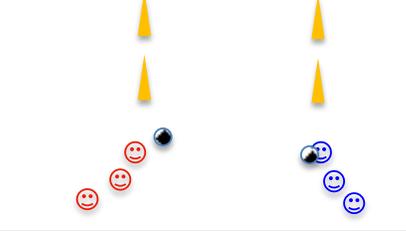
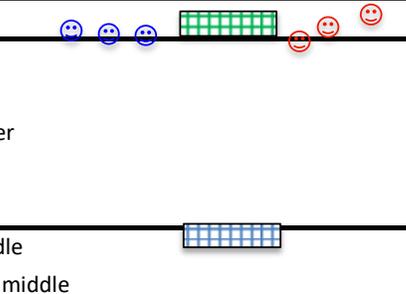


Fall 2016 Training

	Session Date:		Objective: hone skill work through technical repetitions and small sided games. Players will get a high number of touches and then transition into games where they must apply the skills	
	Session Time:			
	Location:			
Conditions: good		Team		
Technical	Tactical	Mental / Social	Physical	
Notes: Skill work in isolation = no decision making		Equipment		
Whole	Part	Whole	Decision Making	
Description		Diagram		Coaching Points
Warm-Up	10 min	Low to Med		I AM going to get better today
Coach's choice	High # of touches Timed to keep the kids engaged Start Slow - single moves Increase demand; multi sequence moves that have the players <i>changing speed and direction</i>			Have Fun Practice moves you will use in games Warm-up Coaching Points * You and the ball; learn the move * start slow, progress to trying the move more quickly
Activity 1	16 min	HIGH		Activity 1 Coaching Points
Scrimmages				
3 games	4min each	1 min b/w		
Game 1:	1v1 switch each time			
Game 2:	1v1 continuous (winner stays on) next player in line has ball			
Game 3	1v1 continuous (winner stays on) goal scorer gets pass from coach			
				
Activity 2	10 min	Low to Med		Activity 2 Coaching Points
Players should be tired after Activity #1 - push them to be tired. In Actiity #2 - challenge them with skill work that is 1 v 0 to goal. SLOW down the movements, and ask them to over exaggerate the change of direction and change of speed. Turn it into a contest Red vs Blue				
* must make move into "Cone box" shoot before get out				
				
Activity 3	20 min	HIGH		Activity 3 Coaching Points
Scrimmages				
4 games	4 min each	1 min b/w		
Game 1:	1v1 - coach passes ball to attacker			
Game 2:	1v1 - defender passes ball to Attacker			
In games 1&2 - attack 1 goal; kids on same site				
In games 3&4 - attack 2 goals; kids start opposite				
Game 3	1v1 - start on belly; pass ball to middle			
Game 4	1v1 - leap frog teammate; pass ball to middle			
				
Activity 4	15 min	HIGH		Activity 4 Coaching Points
JDA Survivor Game				
# of Games = as many as you can				
1v1 battle; eliminate opponent by scoring				
Coach controls restarting ball				
Goal = defender out; teammate back in				
Ball out (no goal) = players return to line				
